

2022 AUGUST Teambuilding



Throughout August, Be Well and Cretex Cares will be partnering to focus on an initiative to give back to the community. Be on the look out for information for your business!

cretexcared.com/cares-a-thon



Outside of this initiative, we want you to think about how **you** volunteer or give back as an individual to your local communities. If you want to get started but you aren't sure where to begin, take a look at **www.volunteermatch.org** to find opportunities near you.

FEATURED ACTIVITY

For this month's activity, volunteer and give back to your community. Share a little about this cause or what the organization means to you on the Teams form.

How to Share: Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to tell us about your volunteer activity. We will use responses (with permission) to spotlight different non-profit organizations and opportunities.

Well-being & Giving Back

A University of Michigan study shared that individuals who give to others actually live longer. When we spend time giving to others whether that be volunteering or donating, we can see emotional well-being benefits too. Research also shows that when we give back to the community we can experience lower stress levels, less depression, and greater self-esteem. We actually see similar benefits in expressing gratitude. When we take the time to list out or think about what we are grateful for, we can reap amazing mental well-being benefits.



Preview for September:

Cretex will be partnering with Thumbs Up for their 9th Annual 5K/10K/Walk/Run/Bike Event on Saturday, Sept. 17th.

Register for the live or virtual event here by 8/31/22:

go.cretex.com/ThumbsUpTeam

*Complimentary registration fee paid by Cretex for the first 35 employees. Use code CRETEX22

TEAMS FORM



<https://forms.office.com/r/4A8BxbCsS8>